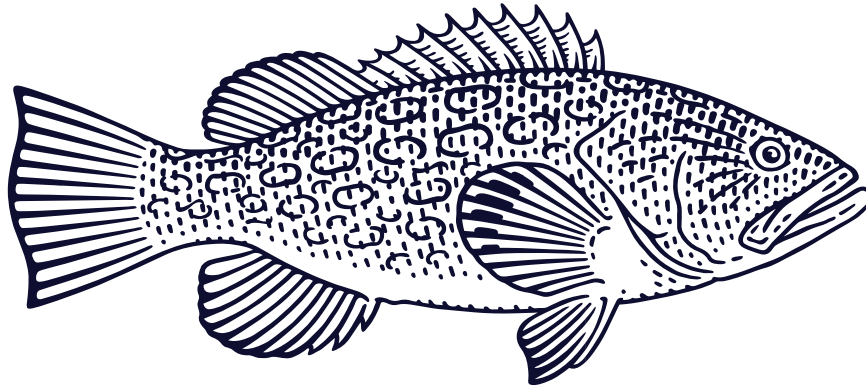




# SUPERIOR

## CATCH OF THE WEEK



# RED GROUPER

*Epinephelus morio*

**Description:** The Red Grouper features robust bodies with a vibrant red or pinkish coloration with a slightly darker belly, and can grow up to 40 inches long. Red groupers are known for their delicious, mild-flavored white flesh.

**Habitat:** Red Groupers inhabit rocky and coral reef environments, often found at depths between 30 and 200 feet. These areas provide the structure and shelter they need for hunting and protection.

**Harvesting:** Red Groupers are harvested using methods like bottom trawling, hook-and-line, and traps. Their popularity for their mild flavor leads to regulations on size and bag limits to ensure sustainability and protect their habitats.

### Nutritionals:

- Good source of Omega-3 source
- Rich in Vitamin B12 and Potassium
- Low-fat
- Excellent source of selenium (antioxidant for heart and immune health)

### Texture & Flavor Profile:

- Lean and moist
- Distinctive yet mild flavor
- Large flakes and firm texture
- Slightly sweet

**Recommended Cooking Methods:** Grilling, Baking, Broiling, Deep-frying, Steaming



# SUPERIOR

## FEATURED PRODUCT



## RED GROUPE FILLETS

*Wild-Caught, Fresh, Boneless, Skinless,  
Product of Brazil*

**#56217** 1/10 lb.

**#56218** 1/5 lb.

*Contact your Superior sales representative for more  
information and for availability.*

# MENU INSPIRATIONS



### STEAMED GROUPE

bathed in a dark soy sauce broth and topped  
with a green papaya salad

*Pairs well with an Alsace Pinot Gris*



### GROUPE TOM YUM

creamy and bursting with flavors of lemongrass  
and lime leaf. spicy and balanced.

*Pairs with a dry German Riesling*